

AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

Claim 1 (cancelled)

Claim 2 (cancelled)

Claim 3 (currently amended) An exercise device according to 9 + wherein said pad is pivotally supported on a circular section member and can be readily removed therefrom and replaced thereon without the use of tools.

Claim 4 (currently amended) An exercise device according to claim 3, wherein a plurality of abdominal contacting pads are provided, including one basically smooth pad and a second alternative pad provided with an array ~~domo-like~~ projections on its outer major face.

Claim 5 (currently amended) An exercise device according to claim 9 +, wherein spring loading is provided by at least one leaf spring rigidly supported at its lower extremity by a structural component of said device.

Claim 6 (original) An exercise device according to claim 5, wherein said upward spring loading is provided by two spaced-apart leaf springs each rigidly gripped at a lower extremity thereof by a structural component of said device.

Claim 7 (original) An exercise device according to claim 6, wherein additional leaf springs are provided and can selectively be inserted into and retrained by a holding device attached to said structural component, to contact and stiffen the existing leaf spring(s).

Claim 8 (currently amended) An exercise device according to claim 9 4, wherein said structure is provided with ~~height adjusting means~~ for adjusting the height of the handles relative to the base.

Claim 9 (new) A free-standing portable exercise device for executing push-ups in an inclined standing position and for simultaneously exercising the abdominal muscles of the user, the device comprising:

a base;

two elevated substantially stationary spaced-apart handles supported by a structure above said base; and

a spring-biased pad supported by said structure and being positioned between said handles to be contacted by the abdomen of an exercising user,

said pad being spring-loaded upwards and moving in an angular forward-downward direction when pressed upon the abdomen of an exercising user while said base and handles remain substantially stationary and support the user in variable inclined standing positions;

said pad being provided with an outer major face and being pivotally supported relative to said structure so that when contacted by the body of a user executing push-ups in an inclined standing position the outer major face of said pad assumes a plane substantially parallel to and in contact with the abdominal area of the user.